

# THE PARK CENTER

The Park Center  
202 E. Murray Park Ave  
www.murray.utah.gov  
801.284.4200

JAN



## HOLIDAY HOURS

April 12 **CLOSED**  
Easter Sunday

## FACILITY HOURS

**November—April**  
Mon-Fri 5am-10pm  
Saturday 7am-7pm  
Sunday 9am-2pm

Closed Sunday  
May 3 -Oct. 25



## BASKETBALL COURTS

### Open Pickleball

Days: Mon. -Thurs.  
North: 8am-12pm  
South: 9am-11am

### Open Pickleball

Days: Friday  
Time: 8am-11am  
Court: South

*Open pickleball times will change during Holidays, school breaks & Summer*

### Open Volleyball

Day: Sunday  
Time: 9am-12pm  
Court: South  
Net Height: Women (7'4")

### Pickleball League

Days: Friday  
Time: 6pm-9:30pm  
Courts: South

### Adult Volleyball

Day: Mon. & Thurs.  
Time: 6pm-10pm  
Court: North & South

### Jr. Jazz Basketball

Day: Saturdays  
Time: 9am-2pm  
Court: North

Gym schedule is subject to change.

## NEW FITNESS!

### STUDIO

TUES 11:30am Barre  
WED 5:30am LIFT Fusion  
WED 4:30pm CORE Fusion  
TH 11:30am TRX Fast Blast

### SPINNING

WED 9:00am Spinning

### AQUA FIT

WED 7:30pm Deep Aqua Fit

HEALTH **VISION** GOALS  
2020 WELLNESS  
LOOK FOR HELPFUL TIPS EACH MONTH

Have a  
**HAPPY**  
**NEW YEAR**  
**2020**

## JUST DANCE

*Did you dance when you were younger & then life got in the way? Have you thought, "I love dancing but there is no way I could go back & take a class - it has been too long." This class is for YOU!*

Ages 16+

January 2, 9, 16, 23

Thursdays @ 7:30-8:30pm

Cost \$15 per class or \$50 for all 4

Location The Park Center Dance Studio

FEATURING  
Lindsey D Smith



No pressure, No judgement...just DANCE! Register online at mcreg.com

## WOMEN on WEIGHTS

Free for Park Center Members, Registration Required

### JANUARY SESSIONS

Wednesdays at 11:30am  
Jan 8, 15, 22, 29

Proper Technique  
Muscle Strength & Balance  
Functional Progressions

### FEBRUARY SESSIONS

Saturdays at 9:45am  
Feb 1, 8, 15, 22 & 29

Functional Training Options  
Increased Muscle Tone  
Selectorized Equipment

Register online at mcreg.com

Designed for healthy individuals age 16 +.

Come to 1 or all sessions - progression included.

Each session includes instruction and supervision, question & answers.

## NEW VISION, NEW YOU 2020

FREE HEALTH & WELLNESS PROGRAM!

DATES: Thursdays, January 23rd-March 5th

TIME: 7 - 8 pm

LOCATION: The Park Center 202 E. Murray Park Ave, Murray, Utah

REGISTRATION: mcreg.com

INFORMATION: jill.jettie@murray.utah.gov